

Lentil Hummus recipe, courtesy of Chef Kent Getzin, Wenatchee School District

Lentil Hummus

About 9 cups

4 Tablespoons coarse salt

1.5 pound lentils, picked over (about 1 ¼ cups)

1.5 cups tahini (sesame seed paste)

10-15 garlic cloves, minced and mashed to a paste

1 cup fresh lemon juice

1-1.5 cups water

1.5 cups extra-virgin olive oil

Salt & pepper to taste

- In a large saucepan, bring 2 quarts water with salt to a boil and simmer lentils about 15 minutes, or until al dente
- In a colander, drain lentils and rinse under cold water, draining well
- Transfer lentils to a bowl and chill 20 minutes
- In a food processor, pureé lentils, tahini, garlic, lemon juice, and ½ cup water until smooth
- With motor running, add oil in a stream, adding up to ¼ cup remaining water if mixture is too thick
- Season hummus with salt and pepper
- Hummus may be made one day ahead and chilled, its surface covered with plastic wrap
- Bring hummus to room temperature before serving